

Upcoming Webinars through ComPsych® GuidanceResources®



March

Running on E: Adding Energy and Passion to Your Work and Life

- **Dates:**
 - March 15, 2023 from 10:00 am - 11:00 am
 - March 23, 2023 from 5:00 pm - 6:00 pm
- **Description:** Longer hours, increased responsibilities, constant change, accelerated pace of business, intensified pressure... But this doesn't mean you can't have fun and enjoy your work. This workshop will help you not only survive but also thrive in today's high-pressure world. By unleashing your energy, igniting your enthusiasm, and finding fun in your job, you're sure to maximize your work performance and even enjoy it!

Register at de.gov/statewidebenefits
(Select your group, then ComPsych®)

